

The Senior Profile



Freetown Council on Aging - 227 Chace Road - East Freetown, MA 02717-1008
Office hours: Monday thru Thursday 8:00 AM to 4:00 PM, Friday 7:30 AM to 10:30 AM
Closed Monday, April 15th for Patriot's Day
Telephone: 508-763-9557, Fax: 508-763-9084, E-mail: COA@freetownma.gov

**The distribution of this newsletter is made possible (in whole or part)
By a grant from the Massachusetts Executive Office of Elder Affairs**

**The Council on Aging's purpose is to help and serve seniors. There is no membership.
Everyone is invited to participate in all activities at the senior center. Come by and enjoy!**

Meat Bingo Game

Wednesday, April 17th, at 12:30 PM. Cost is 2 cards for \$5.00. **You must call and pay your \$5.00 required donation to reserve a seat by Friday, April 12th**, win a Bingo; you can go and choose a tray of meat. The meat packages will consist of smaller portions perfect for one or two people.

Freetown Senior Birthday Party

On Thursday, April 11th, at 12:00 PM, we will be having our Birthday Party for seniors of Freetown. Lunch is Salisbury steak by Cyd's Creative Kitchen. RSVP and \$6.00 due by Thursday, April 4th

Songbirds of the Northeast

A 60 minute power point presentation featuring both images and recordings of our local songbirds will be offered by naturalist John Root at **1:00 PM on Thursday, April 11th, RSVP April 5th**, at the Freetown Senior Center, 227 Chace Rd, in East Freetown. Free admission; perennials for edible landscaping and attracting birds and pollinators will be offered for sale. *This program is supported in part by the Freetown Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.*



Submitted by John Root

You do not need to attend the luncheon. Please arrive after 12:45 PM. Show starts at 1:00 PM

Luncheon

Thursday, April 18th at 12:00 PM
RSVP and \$4.00 due by April 11th

Beef Stew with dumplings, salad and dessert
SEATING IS LIMITED!

Cyd's Lunch: Tuesdays at 11:30 AM, \$7.00 PP

April 16th-Chicken Pie, RSVP by April 9th
April 30th-Meat Pie, RSVP by April 23rd

AARP Income Tax Service

We will have representatives from AARP at the COA to help seniors with their taxes on Wednesdays and Thursdays, starting at 8:30 AM. Please call the COA for an appointment and further information.

Identity Theft Protection

Over \$16 billion a year is stolen from over 15.4 million U.S. consumers, making identity theft the fastest growing crime in the U.S. Do you know how to minimize the chances of ID theft – and what to do if you're a victim?

The New Bedford Local Consumer Program will be offering a free informational session at the Freetown Council on Aging at **11am on Monday, April 8, 2019, RSVP by Monday April 1st**. A Local Consumer staff member will give a short presentation on Identity Theft and the steps you should take if you believe you have been the victim of ID Theft. The New Bedford Local Consumer Program works in cooperation with the Office of the Attorney General to provide free mediation services and consumer information for residents of Acushnet, Assonet, Attleboro, Berkley, Dighton, Dartmouth, Fairhaven, Freetown, Lakeville, Marion, Mattapoisett, Middleboro, New Bedford, North Attleboro, Norton, Onset, Raynham, Rehoboth, Rochester, Seekonk, Somerset, Swansea, Taunton, Wareham, Westport and Wrentham. For more information on the Local Consumer Program, please call us at (508) 979-1693.

*Submitted by Cheryl A. Duclos, Mediator
New Bedford Community Services*

Veterans Agent

Bob Klevecka is our Veterans Agent. If you need his services, please call 508-763-3190, Monday thru Thursday, 9:00 AM to 3:30 PM

SHINE Counselor

Serving the Health Insurance Needs of Everyone
Our SHINE Volunteer, Dick Kelley, will be here Thursday, April 4th at 12:30 PM. Please call the COA for an appointment

Senator and Representatives

Representative Carole Fiola will be here Monday, April 1st from 10:00 AM to 11:00 AM
Representative Paul Schmid will be here Monday, April 1st from 10:30 AM to 11:30 AM
Senator Michael Rodrigues will be here Wednesday, April 24th from 9:30 AM to 11:30 AM

Seated Massage

Mondays, 9:30 AM at the COA, please call the COA for an appointment. \$5.00 donation requested for 15 minutes.

Coffee and Muffins!

Mondays at 10:00 AM, All are welcome!

Knitting and Crocheting Club

Mondays, 10:00 AM to 12:00 PM,
Bring your own supplies. Please call the Senior Center if you would like to attend.

POOL TABLE

Mondays, 9:00 AM

Card Games-Pitch

Mondays, 1:00 PM to 3:00 PM

BINGO

Tuesdays, 12:45 PM to 3:00 PM, The license for bingo requires that you be at least 60 years old to play.

Painting Class

Painting...Drawing...Mixed Media...Art Classes
Wednesdays, 9:00 AM to 11:30 AM.
Artists of all abilities and interests are welcome!
Come and give it a try...it's never too late to learn some new tricks!

Submitted by Betty Ashley

Line Dancing

Wednesdays, 9:30 AM at the Freetown VFW
Lessons \$2.00 per person, all ages are welcome.

Parkinson's Support Group

Our next meeting will be held on Thursday, April 11th, at Dartmouth Council on Aging, 628 Dartmouth St, Dartmouth. Please call Miles Molnan at 508-997-0907 for reservations and any questions. Please join us!

Blood Pressure

Wednesday, April 24th, 10:30 AM

Scrabble

Thursdays, 12:30 PM

The Freetown Senior Club

Thursday, April 4th at 12:00 PM

Strength With Dyna-Bands

Fridays, 9:15 AM to 9:45 AM, **NO Class April 26th**

30 minute class, \$3.00 Donation requested

Get strong with certified group Fitness Instructor, Ellie Higgins. Work all muscles-upper and lower body-using Dyna-Bands. Ellie will provide the bands. Includes balance and body weight exercise. Some seated some standing, for weight bearing-important, for bone strength.

YOGA

Fridays, 10:00 AM, using a mat, **NO Class April 26th**
Your first class is free. Classes are a \$5.00 suggested donation. Come on in and try our classes.

Kanakis Produce

Discount on Fruit and Vegetables
Fridays, 10:30 AM

Podiatrist

The Foot Doctor will be here Monday, April 8th at 10:00 AM and Thursday, April 25th at 9:30 AM. You must call Dr. Markowitz to make an appointment at **1-401-455-3554**.

VAN SCHEDULING

The van runs every **Monday, Tuesday, Wednesday and Thursday**. Please call the COA at 508-763-9557 for further information. We must have at least a 48-hour notice for the van.

In order to be more efficient with the van when you call in, please have the exact **name, address and phone number** of your destination, and if you need the wheelchair lift. We can no longer schedule without this information. Thank you in advance for your cooperation.

Brown Bag" Program

Wednesday, April 24th

From 10:30 AM to 12:00 PM

At the front of the building

"**Brown Bag**" distribution will be held at the Freetown Council on Aging. You must be 60 years of age or older. Recipients must be low income, as measured by participation in (or eligibility for) at least one other program in which proof of income has been demonstrated. This includes elders who are eligible for SSI, Medicaid, Fuel Assistance and Food Stamps, OR your gross household income is at or below the guidelines listed.

1 person	\$1,872 per month
2 people	\$2,538 per month
3 people	\$3,204 per month
4 people	\$3,870 per month

For questions call 508-763-9557.

We will deliver the brown bag if you cannot pick it up. If not picked up by Thursday, we will donate it.

Compassionate Care Hospice
VOLUNTEERS NEEDED!!!

Compassionate Care Hospice serves the needs of patients and families in Southeastern Massachusetts. An integral aspect of the care are volunteers who serve in a variety of capacities. They make friendly visits with patients to talk about interests, hobbies, favorite activities, life reviews, and even sing songs together! A volunteer can be a supportive, peaceful presence when a patient is sleeping. The volunteer also brings respite to the patient's family. Being a volunteer is a wonderful way to give back to the community and provides something very meaningful to patients and their families!

If you are interested, please contact: Michael Freilich, Volunteer Coordinator at Compassionate Care Hospice in Taunton. Phone: (508) 386-6011, Email: Michael.Freilich@cchnet.net.

We are looking forward to hearing from you!

Submitted by Michael Freilich

Lakeville Arts and Crafts Trips

Here are some trips from the Lakeville COA. If you need further information please call Lori at Lakeville COA-508-947-7224.

April 8, 2019, Monday-\$89PP, Best of Boston

May 1, 2019, Wednesday-\$57PP, Red Sox

May 30, 2019, Thursday-\$65/PP Mayflower Trolley Tour, or \$75/PP Arts Dune Tour

June 8-9, 2019, Saturday and Sunday, Spring in NYC \$359/PP, \$269/PP Double, \$259/PP Triple

Fuel Assistance

Please call the COA when you receive your application to make an appointment.

Family Size: 1 Pers. 2 Pers. 3 Pers. 4 Pers.

UP TO: \$35,510 \$46,437 \$57,363 \$68,289

There are forms and paperwork you must collect to fill out the Fuel Assistance form.

****GOLD**SILVER**PLATINUM****

Marc Folco will not be at the Senior Center in April, but will return in May.



USDA CAN HELP REPAIR YOUR HOME
RURAL DEVELOPMENT

Home Improvement & Repair Loans and Grants (Section 504) are funded directly by the Government. These loans and grants are available to assist people who live in rural communities with a population of 20,000 or less.

Purpose: The Very Low-Income Housing Repair program provides loans and grants to very low-income homeowners to repair, improve, or modernize their dwellings or to remove health and safety hazards.

→**504 GRANTS**

- Applicant must live in an eligible town
- Applicant must be 62 years of age or older
- Applicant must own and occupy a modest dwelling
- Applicant must have a very low income and be unable to repay a loan at 1% annual interest rate
- The repairs and improvements to be made must be necessary to make the dwelling safe and sanitary and/or remove health and safety hazards.

→A 504 Grant can be approved for up to \$7,500. The applicant does not have to pay the grant back to the government, but will be required to remain in the dwelling for a period of three years after receiving the grant.

→The total assistance available through the Section 504 Program is \$27,500, which could consist of a combination loan and grant.

→**504 LOANS**

- Applicant must live in an eligible town
- Applicant must be at least 18 years of age
- Applicant must own and occupy a dwelling
- Applicant must have a very low income and be able to repay a loan at 1% annual interest rate
- The repairs and improvements may be general repairs to improve or modernize the property, as long as the dwelling remains modest.

→ **A 504 Loan can be approved for \$20,000 at a 1% interest rate which is payable over 20 years.**

Income limits yearly by household for Freetown:

1 \$25,600 2 \$29,250 3 \$32,900 4 \$36,600

To contact Rural Development please call 508-295-5151, extension 4, TDD: 413-253-4590, or on the web at www.rurdev.usda.gov/ma



FREETOWN COUNCIL ON AGING
227 CHACE ROAD
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VFW Post #6643 Dinner/Comedy Show

Saturday, April 27, 2019 at 5:00 PM

Homemade spaghetti and meatball dinner along with the show for only \$20.00 each. Doors open at 5:00 PM. Dinner served at 6:00 PM. Comedy show, with Steve Wronker, Comedy Hypnotist, starts at 7:30 PM. CASH BAR. Tickets available at the Post by Calling 774-930-4392 or 508-763-4580

ALL PROCEEDS TO GO OUR SCHOOL SCHOLARSHIP PROGRAMS

SPAGHETTI DINNER

Sponsored by Freetown VFW Post 6643 and "The Friends of the VFW", this is an all-you-can-eat-pasta meal on Thursday, April 11th, from 5:00 PM to 7:00 PM. \$7.00 PP. We have raffles and door prizes. We are serving the community.

Submitted By Bruce Wilbur

If you wish to receive your Senior Profile by E-mail, please send us your e-mail address at COA@freetownma.gov. If you wish to check out anything to do with the town, please visit www.freetownma.gov.

Director's Note

Spring has finally sprung! Get out and enjoy the beautiful weather! Come on in and have some muffins with your neighbors. Play pool. Try our exercise classes on Friday. Play some cards or scrabble. Come hear about birds of the northeast. We have someone coming in to talk to you about Identity Theft. You are always welcome here!



Country Travelers Trips in 2018

April 10-12, 2019: Turning Stone Resort Casino, Verona, NY, \$290 Double, \$450 Single, details closer to trip

April 27, 2019: Day trip to New York City \$50.00 PP. Details closer to trip.

These trips leave from the backside of Hampton Inn (Next door to White's Restaurant in Westport) **far side near tennis courts**. If enough people register from this area, they will make the Senior Center a pick up destination. All prices quoted include drivers' gratuity as well as step on tour guides, provided on some trips. Any info and/or to schedule a trip; please call Veronica Beaulieu at 508-636-4889. Schedule subject to changes and modifications.

Submitted by Judy Emond